



# CITY MANAGER'S NEWSLETTER



Volume III Issue 3

January 22, 2016

## **STAMP-A-STACK FUNDRAISER FOR DARE**

Are you creative? Would you like to be? If you enjoy scrapbooking or card making then we have the event for you! Plus it benefits the **Woodstock Police Department DARE** program – what more could you want!

**Telecommunicator Robin Karolewicz**, who also happens to be an Independent Stampin'UP! Demonstrator, has put together a fun evening for anyone 16 and older. During the course of the evening, you will assemble three different cards (two of each including envelopes) plus two of an adorable 3-D project. If you're worried that you aren't "crafty" enough – don't! Robin will have friendly helpers available to assist you.

The event will take place on Wednesday, February 24<sup>th</sup> at 6:30 p.m. in the Community Room at the WPD located at 656 Lake Avenue. The cost is \$25.00 (\$20.00 will go directly to DARE!)

You will need to bring your own adhesive, scissors and a bone folder with you the night of the event. If you would like to order these items from Robin, please email her at [rlk4@comcast.net](mailto:rlk4@comcast.net) or call her at the WPD at 815-338-2131.

You must register for this event through the **Woodstock Recreation Department** by Friday, January 22<sup>nd</sup>. You may do so either online at [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) or in person at the Rec Center located at 820 Lake Avenue.



## **SAVE THE DATE FOR CWTC!**

The program for the February Coffee with the Chief will feature **K-9 Officer Sharon Freund** and her **K-9 partner, Blue**. Officer Freund and Blue have only been on the job since November, but already they have had great success as a crime fighting duo. Come and meet them both and hear about their recent exploits on Monday, February 8, 2016 at 7:00PM. The meeting will be held in the Training Room at the **Woodstock Police Department** located at 656 Lake Avenue.



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## **HR NEWS**

### ***IT'S TIME FOR YOUR CHECK-UP!***

#### **Introducing the HAWA HealthPoint Check-Up**

**Who is eligible?** All Employees and their Spouses on the City's Medical Plan.

#### **What does the Check-Up include?**

- 35-panel blood draw including Vitamin D test
- PSA for men 40 years, and over
- HgA1c for anyone with an out of range Glucose Level
- Blood Pressure Check, Height, Weight & Body Mass Index (BMI)



#### **How do I Register?**

Starting January 19<sup>th</sup>, register at [member.healthasweage.com](http://member.healthasweage.com) at "First Time User" login using Promo Code 4500

**Dates:** Thursday February 18<sup>th</sup> & Wednesday February 24<sup>th</sup>

**Time:** 6:00AM to 10:00AM.

**Place:** Woodstock City Hall, 121 W. Calhoun, 2nd Floor in Council Chambers & Conference Room

**Register by:** February 9th (For help contact: [support@healthasweage.com](mailto:support@healthasweage.com) or call 1-855-888-7006)

**Questions?** Contact the **HR Department: Deb Schober** at ext. 11203 or **Jill May** at in 11206.

## **RECRUITMENT**

**Limited Part-Time Records Clerks (3 positions) – Woodstock Police Department:** Interviews for chosen qualified applicants for the Limited Part-Time Records Clerks positions were held on Thursday, January 14<sup>th</sup>. Information on the position will be released shortly.

**Summer Seasonal Positions:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late Spring.** Pay rate to be determined but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides)

- **Playground Program Counselors:** Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. Minimum age is 16. Experience working with elementary school aged children is preferred. **This position requires attendance at the training session the first week of June and the ability to work during the entire 7-week session that runs thereafter. Tentative Dates: May 31<sup>st</sup> – June 3<sup>rd</sup> (Training Week) and June 6<sup>th</sup> – July 22<sup>nd</sup> (Program).** Pay rate to be determined but will be at least: \$8.25/hour.
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM., Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least: \$8.46/hour.

**Application Deadline for Summer Seasonal Positions: Friday, March 4, 2016 at 5:00PM**

**Part-Time Library Desk Assistant – Woodstock Public Library:** The City of Woodstock is accepting electronic submissions (as outlined below) for the position of Part-Time Library Desk Assistant with the Woodstock Public Library. Examples of duties include checking in, checking out and renewing library materials, creating and renewing library cards, shelving materials, customer relations and other related duties as assigned. **Bilingual ability in English and Spanish is a requirement for this position.** Position works 25-28 hours per week, with a current schedule of Monday 9:00AM-6:00PM, Tuesday 5:00PM-9:00PM, Wednesday 4:00PM-9:00PM, Friday 12:00PM-6:00PM with rotating weekends that will include some Saturdays and Sundays and other hours as needed and assigned. Starting salary for this role is \$15.06 per hour; benefits include prorated vacation, holiday and sick leave and IMRF pension. **Application Deadline: Friday, January 22, 2016 at 5:00PM.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## **HOW TO AVOID LOW BACK PAIN: EXERCISE AND EDUCATION**

Shoe inserts, back-support belts and other gadgets aimed at preventing low back pain may be a waste of money. Instead, exercise is the best way to ward off this common problem, a new review of studies suggests.

The researchers found evidence that an exercise program alone, or exercise along with education about how to prevent back pain, was effective in averting an episode of low back pain and reducing people's use of sick time at work. Education may include receiving training in proper lifting techniques, learning about correct posture or attending back school, which is a comprehensive program on back health.



About 80 percent of U.S. adults will experience an episode of low back pain at some point in their lives, according to the National Institute of Neurological Disorders and Stroke.

To evaluate which preventive methods for low back pain are effective in easing its discomfort, the researchers analyzed data from 23 studies with a total of nearly 31,000 participants. The analysis found that exercise alone could reduce a person's risk of low- back pain by 35 percent, and it could also cut the use of sick time by 78 percent over the course of a year.

People who participated in an exercise program and also received additional educational instruction were 45 percent less likely to have low back pain over the course of one year, compared with people who were not involved in both programs, according to the research, published online (January 11, 2016) in the journal JAMA Internal Medicine.

This means that the effect of exercise alone or in combination with education is quite large: It cuts a person's risk of getting low back pain in half, said study author Daniel Steffens, a chronic back pain researcher at the University of Sydney in Australia.

But not all of the approaches for thwarting an aching back were deemed worthwhile. The study found that education alone, back belts (worn to protect the back from injury when lifting), shoe insoles and ergonomic adjustments (programs that modify a work station or redesign the steps involved in completing a task) were not effective in preventing back pain or reducing time off from work because of it.

In other words, several strategies that have been believed to prevent low back pain seem not to provide a protective effect, Steffens told Live Science.

### **The exercise effect**

The trials that the researchers evaluated in their review tested a variety of exercise programs that were designed to improve people's flexibility, posture, aerobic fitness and the strength of their back and core muscles, Steffens said. The programs did not just focus on the back, but included the upper and lower limbs as well, he said.

The length of the exercise sessions varied, but participants typically did two to three group sessions per week with supervised instruction, and they also agreed to practice the techniques at home, Steffens said. The exercise programs lasted anywhere from eight weeks to 18 months.

Although the reduced risk of back pain lasted for up to a year, beyond this time period, the preventative effect of exercise in combination with education was reduced, and the effect of exercise alone disappeared altogether, the analysis found.

To have a lasting impact on preventing back pain, an ongoing exercise program is required, the researchers suggest.

This review provides concrete evidence on the value of exercise for preventing back pain, wrote back-pain researchers Dr. Timothy Carey and Janet Freburger, of the University of North Carolina at Chapel Hill, in an editorial accompanying the study in the same issue of JAMA Internal Medicine.

If a medication or injection were available that reduced the recurrence of low back pain to the extent seen in this review from exercise, we would be reading the marketing materials in medical journals and viewing them on television, said Carey and Freburger, who were not involved in the review.

“However, formal exercise instruction after an episode of lowback pain is uncommonly prescribed by physicians,” according to the editorial.

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**Want to Start to Get Healthy with an  
Exercise Program?**

City of Woodstock employees receive an employee discount at the  
**Woodstock Recreation Center. The initiation fee is waived!**  
**Executive membership is \$35 per month. Full membership is \$25  
per month.** Try a week for free! For more information, contact Mary  
Lynn Lisk or Renee Torrez at 815-338-4363 or visit  
[www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com)  
for more information.

### ***TWEENS BRAVE THE CHILLY TEMPS FOR A FUN DAY ON THE SLOPES***

The zero degree temperatures this week didn't stop **Recreation Coordinators Alan Dunker** and **Becky Vidales** and thirteen tweens from attending the annual snow tubing trip to Wilmot Ski Resort. Ironically, a trip this past December was cancelled because it was unseasonably warm and there was no snow! Great time had by all!

Coming up for Tweens is Tween Night at the Rec Center from 6:30-8:30PM on Saturday, February 6. Join us for organized gym activities, walleyball, board games, and swimming. The fee is \$4 payable at the door.

Another upcoming tween trip is the Late Night Ski Trip on February 26-27 at Wilmot. We will leave the Rec Center at 7PM Friday night and return early Sunday morning. Registration is available at the Rec Center or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com).



### ***MEETINGS***

Monday, January 25 – Historic Preservation, 7PM,  
Council Chambers

Thursday, January 28 – Plan Commission, 7PM,  
Council Chambers

## **Quotation**

We either make ourselves miserable or we make ourselves strong. The amount of work is the same.

Carlos Castaneda